

# Cliffside Park Senior Activity Center Lectures

Apr. 11<sup>th</sup> ~ Health Consultation Program & Blood Pressure Checks  
2<sup>nd</sup> Monday Every Month 9-11am

May 23<sup>rd</sup> ~ Heart Health

May 19<sup>th</sup> ~ Get your Medical Supplies

May 26<sup>th</sup> ~ Control your Arthritis Symptoms

June 1<sup>st</sup> ~ Chronic Pain Management

June 9<sup>th</sup> ~ AARP Speaks on Health Care Reform

June 23<sup>rd</sup> ~ Glucose Screening 9:30 & Diabetes Talk 10:30

June 30<sup>th</sup> ~ Safety in the Home

Lectures are scheduled for Thursdays at 10:45am